



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 4
6 Weeks
4/6
Race Specific Speed & Endurance

Intensity Note:

- *Blue highlights indicate HR Zone 2 or less (Builds your aerobic engine – burns fat as a primary fuel source)*
- *Red highlights indicate HR Zone 3+ (Builds your strength, speed & LT – burns stored sugar as a primary fuel source)*

Monday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes.
- **Complete Rest Day**
Mental Notes: sit down with a piece of blank paper and draw a line down the middle of the paper. On the left side of the paper, jot down the five most important reasons for WHY you do what you do. On the right side of the paper next to each reason why you do what you do, think about the elements (people, locations, tools, etc.) that make the WHY possible. Though this may sound odd, your focus for today is to ensure that all your elements are ready for action throughout the rest of the week. For example, if you say that you are trained to be lean and strong, then visit your refrigerator and examine if you have all the fresh fruit and vegetables that you like and know that improve your health and performance. If you use a blender to make your fresh smoothies, make sure that it is washed and ready to use. Continue down the list to make sure that you have everything that you need to ensure that your WHY for doing is optimized.
- **Evening Protocols**
Nutrition: consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins
Foam Roller & Trigger Point Therapy: follow this sequence for 10 minutes ([click here](#) for video sequence)
Diaphragmatic Breathing: [click here](#) & follow this breathing exercise while putting yourself to sleep.

Tuesday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes.
- **(Morning Workout) Complete Racing Solutions Combo Weight Workout: Timed Challenges P4 (40" on – 20" off)**
[Please reference the spreadsheet at the bottom of the schedule]
Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Workout notes: each cycle consists of two exercises; this is designed intentionally so that you can keep the intensity high for each exercise. Complete 40 seconds of one exercise (unless noted otherwise), rest for 20 seconds then complete the second exercise in the cycle; move back to exercise #1, then exercise #2. Move quickly to the next cycle – ideally within 1 minute; stretch and hydrate to maintain your blood sugar and maximize your productivity.

Weight: for the first set, choose a weight that you can complete 8 reps comfortably within the 40 seconds; during the second set, bump the weight up slightly so that you are working hard at the end of the 40 seconds

Rest Interval: 1:00 in between cycles/stretch & hydrate in between sets as needed
Post Workout Protocols
 - **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
 - **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **Evening Protocols**
Nutrition: consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins
Foam Roller & Trigger Point Therapy: follow this sequence for 10 minutes ([click here](#) for video sequence)
Diaphragmatic Breathing: [click here](#) & follow this breathing exercise while putting yourself to sleep.



Wednesday

- **Body Analysis** – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes.
- **(Morning Workout) Complete Racing Solutions Speed MX: Workout #1**

[Please reference the spreadsheet at the bottom of this document]

Workout notes: this workout will yield high results if you pay close attention to your heart rate during the first 20 minutes of each set. As you know, when the body is warmed up, it can handle higher intensity/faster speeds much better. The goal here is for you to "feel" the increased speed and how much more you are in control during the last 15 minutes - all because your body had adequate time to prepare for the high intensity levels. Fluid & calorie intake will be the key to a productive work out here.

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

If you did NOT ride this morning - Choose one (1) of the following for your afternoon workout:

- **Complete Racing Solutions Bike: Intensity Distance Intervals (35 Minutes)**

Misc. Notes: take your most up to date heart rate spreadsheet (take last week's waking heart rate average and your maximum heart rate from your last time trial) and commit to memory (or use a black marker to write on your arm) the low & high number for your **HR Zone 3**. Once you are finished with your warm-up, your goal is to settle into your **HR Z3** (no higher or lower) and complete a 10 minute "interval". Once you settle into this intensity zone, focus on your belly breathing to maximize your oxygen uptake; this will allow you to maintain your speed while staying in your **HR Z3**. During your 5-minute rest interval, spin easily and allow your HR to get back into HR Z2 or less.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction & to avoid unwanted cramping.

Warm up-HR Zone 1: Focus on [optimum pedal mechanics](#) right from the beginning

Duration: 5 minutes

Cadence: 80-85 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

Misc.: stretch and hydrate before moving into your main set

Main Set: Heart Rate Pyramids: 2 x 10 Minutes (6 Minutes on-4 minutes off)

Settle into **HR Z3** and maintain for 6 minutes.

Recover by spinning easy for 4 minutes in HR Z2 or less

Warm Down-HR Zone 1: Keep a close eye on your HR level for the final 5 minutes.

Duration: 5 minutes

Cadence: 85-90

Gearing: the easiest combination that allows for 85-90 cadence & HR Z1

Misc.: don't dismount until your heart rate is within HR Z1

- **Complete Racing Solutions Row: Incremental Pacing Intervals (6,000 Meters)**

Misc. Notes: complete a 1000-meter interval at 80-85% effort after your warmup; use this time as your baseline pace. Your goal is to match this pace by interval number three of each set. If you start out too hard during intervals #1 and #2, you will lose the ability to hit your goal pace during interval #3. If you feel any muscle or group of muscles tightening up, stop immediately, isolate the muscle and stretch it passively (holding the stretch for 8-10 seconds) while breathing deeply.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction & to avoid unwanted cramping.

Warm up-HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 3

Distance: 1000 Meters

Pull Rate: less than 25

Stretch from head to toe

Baseline 1000 Meter Interval: complete a 1000-meter interval at 80-85% effort; 1 Minute Rest Interval

Load Level: 5

Pull Rate: 25 plus

Elapsed Time:

Main Set: Pacing Intervals

Load Level: 5 **Pull Rate: 25 plus**

1000 Meter Baseline plus 10 seconds – Rest 1 Minute

1000 Meter Baseline plus 5 seconds – Rest 1 Minute

1000 Meters at Baseline Pace – Rest 1 Minute

Cool Down-HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 3

Distance: 1000 Meters

Pull Rate: less than 25

Stretch from head to toe

- **(Immediately after your above workout) Complete Racing Solutions Core Work (10 minutes)**

Workout notes: complete each of the following exercises for 40 seconds; your rest interval is 20 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - a total of 2 sets.

Standing Abdominal Twists: [click here for video](#)

Abdominal Pike on Fit Ball: [click here for video](#)

Abdominal Roll Out on Fit Ball: [click here for video](#)

Ab Crunch on Fit Ball: [click here for the video link](#)



Thursday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes.
- **(Morning Workout) Complete Racing Solutions Combo Weight Workout: Timed Challenges P4 (40" on – 20" off)**

[Please reference the spreadsheet at the bottom of the schedule]

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Workout notes: each cycle consists of two exercises; this is designed intentionally so that you can keep the intensity high for each exercise. Complete 40 seconds of one exercise (unless noted otherwise), rest for 20 seconds then complete the second exercise in the cycle; move back to exercise #1, then exercise #2. Move quickly to the next cycle – ideally within 1 minute; stretch and hydrate to maintain your blood sugar and maximize your productivity.

Weight: for the first set, choose a weight that you can complete 8 reps comfortably within the 40 seconds; during the second set, bump the weight up slightly so that you are working hard at the end of the 40 seconds

Rest Interval: 1:00 in between cycles/stretch & hydrate in between sets as needed

Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
- **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).

- **(If You Did NOT Lift this Morning) Complete Racing Solutions Bike: Heart Rate Ladder (30 Minutes)**

Workout Notes: keep a close eye on your HR throughout this ride to ensure that you keep the intensity levels easy (HR Z2 or less) for maximum productivity (burn fat and enhance your aerobic engine). To keep you mentally stimulated, play around with your gearing while staying within your **HR Z2**.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction & to avoid unwanted cramping.

Warm Up: HR Zone 2 or less

Duration: 5 minutes

Cadence: 80-85 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

Misc.: stretch and hydrate before moving into your main set

Main Set: 20 Minute HR Ladder (HR Z3)

During the 20 minutes, accelerate in a tall gear combination until your heart rate hits the **top end of HR Z3**; once you hit this number, slow down your pedal cadence and breathe deeply until your HR hits the **lower end of HR Z3** (no lower)-Repeat until 10 minutes has transpired.

Cool Down: 5 Minutes (HR Zone 2 or less)

Duration: 5 minutes (no shorter)

Cadence: 70-80 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

Misc. Notes: stretch your lower back, calves and quads prior to dismounting

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **Evening Protocols**

Nutrition: consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins

Foam Roller & Trigger Point Therapy: follow this sequence for 10 minutes ([click here](#) for video sequence)

Diaphragmatic Breathing: [click here](#) & follow this breathing exercise while putting yourself to sleep.



Friday

- **Body Analysis – please use your Coach Robb Body Analysis Spreadsheet to log this information for evaluation purposes. Choose One (1) of the following for your Morning workout:**

- **Complete Racing Solutions Bike: Power Interval Workout (30 Minutes)**

Misc. Notes: the key to maximizing your productivity during this workout is to keep a close eye on your intensity levels (no higher than HR Z3); your leg turnover is going to be slow intentionally. Feel the various muscles working together to create power throughout the entire 360 pedal stroke. You want to feel your quads, hamstrings, calves, and gluts all firing to turn the pedals.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction & to avoid unwanted cramping.

Warm up (HR Zone 1): Focus on [optimum pedal mechanics](#) right from the beginning

Duration: 5 minutes

Cadence: 80-85 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

Misc.: stretch and hydrate before moving into your main set

Main Performance Block #1: 20 minutes (HR Zone 3)

2 Minutes - Tall Gear Acceleration out of the saddle interval

Big chain ring up front, hardest gear in the back stand up & focus on keeping yourself from "bottoming out" at the bottom of the pedal stroke (pull back prior to hitting bottom dead center). Push your effort until you hit your upper end of HR Z3 by the end of the 2 minutes.

3 minutes – Seated: even tempo with your cadence above 90 & at the lower end of HR Z3; focus on deep belly breathing to ride as fast as possible without driving your HR too high.

REPEAT THIS 5 MINUTE BLOCK 4 TIMES FOR A TOTAL OF 20 MINUTES

Cool Down (HR Zone 1): Keep a close eye on your HR level for the final 5 minutes.

Duration: 5 minutes

Cadence: 85-90

Gearing: the easiest combination that allows for 85-90 cadence & HR Z1

Misc.: don't dismount until your heart rate is within HR Z1

- **Complete Racing Solutions Row: HR Intensity Blocks (30 Minutes)**

Misc. Notes: for maximum productivity, pay close attention to your intensity levels throughout this workout. Your awareness of what each intensity level "feels" like increases your familiarity of the intensity and associated speed. This awareness also provides you feedback regarding how long you can maintain the various intensity levels (keep in mind the inverse relationship of volume & intensity – the higher the intensity, the lower the duration you can maintain and vice versa).

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction & to avoid unwanted cramping.

Warm up-HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 3

Duration: 5 Minutes

Pull Rate: less than 25

Stretch from head to toe

Main Set#1 (20 Minutes): Have your HR Zones written down and easily visible during this workout to eliminate you missing your intensity levels.

Load Level: 5 **Pull Rate:** 35+

Settle into each HR Zone as quickly as possible and then settle into the effort level with perfect form and deep breathing.

Ten Minutes: Upper range (5 beats of your top number) of [HR Z2](#)

Five Minutes: Lower range (5 beats of your low number) of [HR Z3](#)

Five Minutes: Upper range (5 beats of your top number) of [HR Z3](#)

Cool Down-HR Zone 1: Focus on a straight back and leading with your legs and finishing with your arms coming to your chest.

Load Level: 2

Duration: 5 Minutes

Pull Rate: less than 25

Stretch from head to toe

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue

- **(Immediately after your above workout) Complete Racing Solutions Core Work**

Workout notes: complete each of the following exercises for 40 seconds; your rest interval is 20 seconds as you move to the next exercise. Go through each exercise and then repeat the entire set - a total of 2 sets.

Standing Abdominal Twists: [click here for video](#)

Abdominal Pike on Fit Ball: [click here for video](#)

Abdominal Roll Out on Fit Ball: [click here for video](#)

Ab Crunch on Fit Ball: [click here for the video link](#)

- **Evening Protocols**

Nutrition: consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins

Foam Roller & Trigger Point Therapy: follow this sequence for 10 minutes ([click here](#) for video sequence)

Diaphragmatic Breathing: [click here](#) & follow this breathing exercise while putting yourself to sleep.



Saturday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes.
- **(Morning Workout) Complete Racing Solutions MX: Speed Workout #2**

[Please refer to the spreadsheet at the bottom of this document]

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction & to avoid unwanted cramping.

Workout Notes: this workout is going to test your hydration and fluid intake to ensure that you know what your perspiration rate is specific to race pace. Please weigh yourself prior to gearing up and then capture your body weight in the exact same clothes that you did prior to the ride (minus your socks). Also, keep good documentation of your fluid intake (of any type - sports drink or water) and note that at the bottom of your spreadsheet so that we can determine your gain/loss and the percentage of gain/loss. This information is what we will be utilizing to fine tune your race day nutritional strategy.

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **2 Hour Nap After Post Ride Meal**
Misc. Notes: the benefit of a nap is the release of hGH (human growth hormone); with this in mind, eat a post ride meal that is high in carbohydrates (this is a natural sleep aid). The goal is to fall asleep as quickly as possible and stay asleep for 2-3 hours (schedule pending) without waking up hungry. If you wake up hungry, then you need to make a note in your food & training journal that what you ate for lunch wasn't enough. Your brain is fed by your liver, if it runs out of sugar, you will be woken up!
- **(If You Did NOT Ride this Morning) Complete Racing Solutions Bike: Speed Blocks (30 Minutes)**
Workout Notes: mentally focus on improving your aerobic base with fragmented effort levels; at no time do you want your HR to rise above HR Z3. If you find it difficult to keep your HR low, then lighten your gear combinations and focus on optimizing your pedal mechanics.

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction & to avoid unwanted cramping.

Warm Up: HR Zone 1

Duration: 10 minutes

Cadence: 80-85 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

Misc.: stretch and hydrate before moving into your main set

Performance Block #1: 15 minutes

3 Minutes in the tallest gear combo you can optimize while staying within **HR Z3** (no higher)

2 Minutes easy spin (HR 2 or lower); you can't go too easy here

Repeat 3x

Warm down: 5 Minutes (HR Zone 1)

Duration: 5 minutes (no shorter)

Cadence: 70-80 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

Misc. Notes: stretch your lower back, calves, and quads prior to dismounting

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **Evening Protocols**
Nutrition: consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins
Foam Roller & Trigger Point Therapy: follow this sequence for 10 minutes ([click here](#) for video sequence)
Diaphragmatic Breathing: [click here](#) & follow this breathing exercise while putting yourself to sleep.



Sunday

- **Body Analysis** – please use your **Coach Robb Body Analysis Spreadsheet** to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions MX: Aerobic Workout #1**

[Please refer to the spreadsheet at the bottom of this document]

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of cold [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction & to avoid unwanted cramping.

Workout Notes: if your waking heart rate is more than 5 beats over your weekly average from last week, then change this seat time to working skills, drills and jumping. Keep the duration of riding to less than 20 minutes at a time with a minimum of 10 minutes of rest in between riding sessions. Keep your total ride time to less than 1 hour.

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
 - **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue
- **2 Hour Nap After Post Ride Meal**
- Misc. Notes:** please reference yesterday's notes.
- **(If You Did NOT Ride this Morning) Complete Racing Solutions Combo Weight Workout: Timed Challenges P4 (40" on – 20" off)**

[Please reference the spreadsheet at the bottom of the schedule]

Pre-Hydration & Nutrition: 10-15 minutes prior to this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Workout notes: each cycle consists of two exercises; this is designed intentionally so that you can keep the intensity high for each exercise. Complete 40 seconds of one exercise (unless noted otherwise), rest for 20 seconds then complete the second exercise in the cycle; move back to exercise #1, then exercise #2. Move quickly to the next cycle – ideally within 1 minute; stretch and hydrate to maintain your blood sugar and maximize your productivity.

Weight: for the first set, choose a weight that you can complete 8 reps comfortably within the 40 seconds; during the second set, bump the weight up slightly so that you are working hard at the end of the 40 seconds

Rest Interval: 1:00 in between cycles/stretch & hydrate in between sets as needed

Post Workout Protocols

- **Flexibility:** complete an [entire stretch routine](#) for your hips, hamstrings, quads and calves
 - **Nutrition:** immediately consume [Recovery Fuel](#) to shorten your recovery window and replace depleted muscle sugar (making tomorrows workouts more productive).
- **Evening Protocols**
- Nutrition:** consume 8 ounces of cold water with fresh lemon; consume a smoothie & take your evening vitamins
- Foam Roller & Trigger Point Therapy:** follow this sequence for 10 minutes ([click here](#) for video sequence)
- Diaphragmatic Breathing:** [click here](#) & follow this breathing exercise while putting yourself to sleep.

Timed Challenge Phase 4		
Warm Up		
Concept 2 TM Row or Spin on Bike - 10 minutes Easy		
CYCLE ONE	Date	Date
Pike - Push Up - Pike		
Instructional Video: Pike-Push Up-Pike		
Rep 1 (as many as you can complete in 40 seconds-20 second rest)		
Rep 2 (as many as you can complete in 40 seconds-20 second rest)		
Isolated Leg & Frankenstein's on Bench		
Instructional Video: Isolated Leg on Bench		
Weight (Heavy but manageable)		
Rep 1 (As many reps as you can do in 40 seconds-hold good form)		
Weight (Slightly heavier than Set 1)		
Rep 2 (As many reps as you can do in 40 seconds-hold good form)		
CYCLE TWO	Date	Date
Air Squats		
Instructional Video: Air Squats		
Weight (Heavy but manageable)		
Rep 1 (As many reps as you can do in 40 seconds-hold good form)		
Weight (Slightly heavier than Set 1)		
Rep 2 (As many reps as you can do in 40 seconds-hold good form)		
Hamstring Press-Extension on Fit Ball		
Instructional Video: Hamstring Press with Extension		
Rep 1 (as many as you can complete in 40 seconds-20 second rest)		
Rep 2 (as many as you can complete in 40 seconds-20 second rest)		
CYCLE THREE	Date	Date
Stars-30 Seconds as Fast as Possible		
Stars Instructional Video		
Rep 1 (as many as you can complete in 40 seconds-20 second rest)		
Rep 2 (as many as you can complete in 40 seconds-20 second rest)		
Military Spiders Off Bench		
Instructional Video: Military Spiders Off Bench		
Rep 1 (as many as you can complete in 40 seconds-20 second rest)		
Rep 2 (as many as you can complete in 40 seconds-20 second rest)		

Timed Challenge Phase 4 Continued		
CYCLE FOUR	Date	Date
Dips Off of Bench		
Instructional Videos: Triceps Dips off of the bench		
Weight (Heavy but manageable)		
Rep 1 (As many reps as you can do in 40 seconds-hold good form)		
Weight (Slightly heavier than Set 1)		
Rep 2 (As many reps as you can do in 40 seconds-hold good form)		
Bicep Curls Up to 90 Degrees		
Bicep Curls - Up to 90 Degrees		
Weight (Heavy but manageable)		
Rep 1 (As many reps as you can do in 30 seconds-hold good form)		
Weight (Slightly heavier than Set 1)		
Rep 2 (As many reps as you can do in 30 seconds-hold good form)		
CYCLE FIVE	Date	Date
Side Skaters		
Instructional Video: Side Skaters		
Rep 1 (as many as you can complete in 40 seconds-20 second rest)		
Rep 2 (as many as you can complete in 40 seconds-20 second rest)		
Abdominal Crunch on Fit Ball		
Instructional Video: Abdominal Crunch on Fit Ball		
Rep 1 (as many as you can complete in 40 seconds-20 second rest)		
Rep 2 (as many as you can complete in 40 seconds-20 second rest)		

(Time Pending) Distance Intervals: Indoor Bike or Rower	Date	Date
Warm up for 2 Minutes - Low Intensity (Light Load Levels)		
Note: increase the load levels to MODERATE		
2 Minute Sprint 90-95% Effort - Distance Covered		
2 Minute Rest Interval		
2 Minute Sprint 90-95% Effort - Distance Covered		
2 Minute Rest Interval		
2 Minute Sprint 90-95% Effort - Distance Covered		
2 Minute Rest Interval		
2 Minute Sprint 90-95% Effort - Distance Covered		
2 Minute Rest Interval		
2 Minute Sprint 90-95% Effort - Distance Covered		
2 Minute Rest Interval		



- **Complete Racing Solutions Speed MX: Workout #1**

Post Workout Protocols

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Complete Racing Solutions MX Speed Workout #2 Workout Focus: Incremental Intensity / Lactate Tolerance Total Ride Time: 60 Minutes		
	Description	
Warm Up	Focus: Gradual Warm Up Instructional Video on how to set up the Concept 2 Rower Ride either a bike or Concept 2 Rower easy for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel	Intensity Less Than 40%
Main Set #1 Workout Protocol: Elapsed Times: Elapsed Times:	Set Focus: Body Balance and Reaction Time Complete 5 starts from the gate; when the gate drops, evaluate where you are on the bike for optimum hook up (front end stays down and the bike tracks straight). Focus on breathing deep and using your legs and core muscles to track the bike straight (verses your arms where the bike pivots around the steering head). Fight the tendency to tighten up - this cuts off your breathing. Interval 1: Interval 2: Interval 3: Interval 4: Interval 5: Fastest Interval: Average Interval: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity Relaxed
Main Set #2 Workout Protocol: Elapsed Times: Elapsed Times:	Set Focus: Lactate Tolerance / Internal Pacing With a start from the gate (if logistically possible) complete 10 laps at race pace/effort. Take the lines as if it was a race (which means that it is ok if the line choices change as the track does). Moto Specific Heart Rate Zone - Low # High # Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time: Fastest Lap Time: Average Lap Pace: Avg. HR: Max HR: Rest Interval = Total Time To Complete 10 Lap Sprint (1:1 Work/Rest Ratio)	Intensity 90-95% 90-95%
Main Set #3 Workout Protocol: Elapsed Times: Elapsed Times:	Set Focus: Lactate Tolerance / Internal Pacing With a start from the gate (if logistically possible) complete 10 laps at race pace/effort. Take the lines as if it was a race (which means that it is ok if the line choices change as the track does). Moto Specific Heart Rate Zone - Low # High # Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time: Fastest Lap Time: Average Lap Pace: Avg. HR: Max HR: Rest Interval = Total Time To Complete 10 Lap Sprint (1:1 Work/Rest Ratio)	Intensity 90-95% 90-95%
Main Set #4 Workout Protocol: Elapsed Times: Elapsed Times:	Set Focus: Lactate Tolerance / Internal Pacing With a start from the gate (if logistically possible) complete 10 laps at race pace/effort. Take the lines as if it was a race (which means that it is ok if the line choices change as the track does). Moto Specific Heart Rate Zone - Low # High # Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time: Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time: Fastest Lap Time: Average Lap Pace: Avg. HR: Max HR: Rest Interval = Total Time to Complete 10 Lap Sprint (1:1 Work/Rest Ratio) Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Intensity 90-95% 90-95%
Main Set #5 Workout Protocol: Elapsed Times: Elapsed Times:	Set Focus: Body Balance and Reaction Time Repeat Set #1 - Compare times for evaluation purposes Interval 1: Interval 2: Interval 3: Interval 4: Interval 5: Fastest Interval: Average Interval:	Intensity Relaxed



Warm Down	Easy riding - nothing structured or intense; allow the HR to come down slowly	40%
	Pre-Riding Weight: Total Fluids Consumed:	Post-Riding Weight: Loss/Gain
Complete Racing Solutions Aerobic MX Workout #1 Workout Focus: Aerobic Enhancement Total Ride Time: 90 Minutes		
	Description	Intensity
Warm Up	Focus: Gradual Warm Up	
Workout Protocol:	Instructional Video on how to set up the Concept 2 Rower Ride Mt. Bike or Road Bike for 15 minutes easy Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel	Less Than 40%
Main Set #1 Workout Protocol:	Focus: Aerobic Endurance (30 Minute Moto) Settle into a pace that you can maintain for 30 minutes without slowing down To keep things mentally challenging, take NON-OPTIMUM lines throughout the entire 25 minutes Strive to take various Non-Optimum lines every lap – just like a race after a bad start. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number Fastest Time: Average Time: Average Heart Rate: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	80-85%
Main Set #2 Workout Protocol:	Focus: Aerobic Endurance (30 Minute Moto) Settle into a pace that you can maintain for 30 minutes without slowing down To keep things mentally challenging, take NON-OPTIMUM lines throughout the entire 25 minutes Strive to take various Non-Optimum lines every lap – just like a race after a bad start. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number Fastest Time: Average Time: Average Heart Rate:	80-85%
Main Set #3 Workout Protocol:	Focus: Aerobic Endurance (30 Minute Moto) Settle into a pace that you can maintain for minutes without slowing down To keep things mentally challenging, take NON-OPTIMUM lines throughout the entire 25 minutes Strive to take various Non-Optimum lines every lap – just like a race after a bad start. Your overall intensity needs to be aerobic - use your HR monitor to evaluate the actual number Fastest Time: Average Time: Average Heart Rate:	80-85%
Warm Down	10 Minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	Less than 40%
	Pre-Riding Weight: Total Fluids Consumed:	Post-Riding Weight: Loss/Gain

Complete Racing Solutions MX: Aerobic Workout #1

Workout Notes: if your waking heart rate is more than 5 beats over your weekly average from last week, then change this seat time to working skills, drills and jumping. Keep the duration of riding to less than 20 minutes at a time with a minimum of 10 minutes of rest in between riding sessions. Keep your total ride time to less than 1 hour.

Post Workout Protocols

- **Flexibility:** pay close attention to areas that you may not think about stretching – [hips, glutes, shoulder blades, etc.](#)
- **Nutrition:** immediately consume 8-10 ounces of [Recovery Fuel](#) to replace depleted muscle sugar & repair muscle tissue